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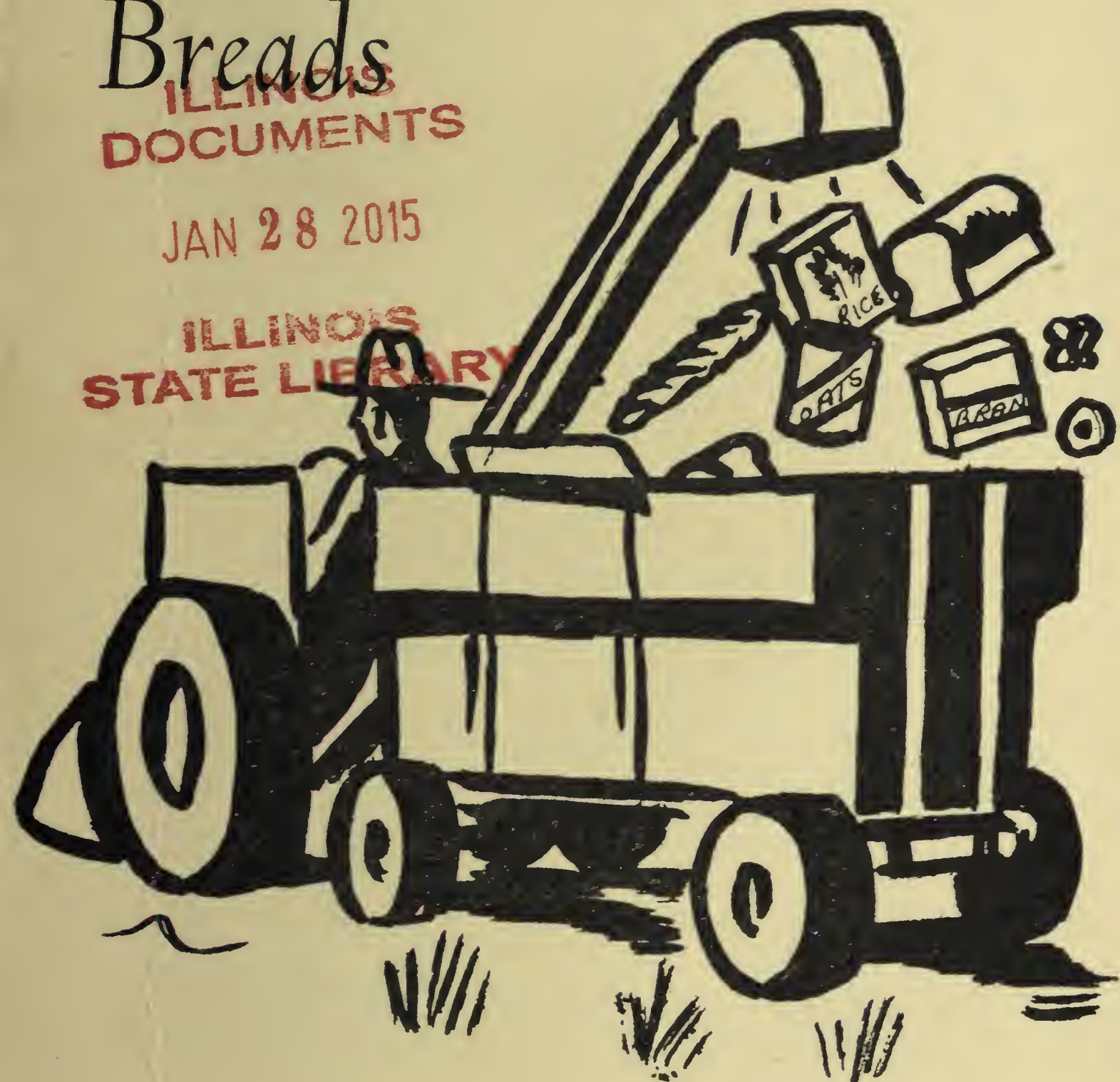
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Cereals And

Breads

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Why Use Them?

Cereals and breads are important foods at the present time because:

They are our cheapest energy foods.



Whole grain, enriched or restored breads and cereals are a good source of thiamin or vitamin B-1, which helps create a good appetite, sound nerves, strong muscles, and helps to prevent fatigue. Iron, the mineral added to enriched products, aids in the building of rich, red blood.

Cereals and breads contain protein for growth and rebuilding of body structure.

They can be used as breakfast foods, desserts, and as meat extenders and substitutes.

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Whole Grains

The outer coats of grains have valuable vitamins and minerals. If their coats are removed in milling, the vitamins and the grains must be enriched to regain their nutritive value.



Whole-grain cereals are usually made from the entire kernel of oats, wheat, corn and rice. They are usually identified by their rough texture and slightly dark color. Other cereals are, for the most part, enriched or restored. Always read the label on cereal packages to make sure that cereals are whole-grain, enriched or restored.

Time Table for Cooking Cereals

Kind of Cereal	Amount	Water	Time in Double Boiler
*Cornmeal	1 cup	6 cups	1-2 hours
Farina	1 cup	5-6 cups	1 hour
Oatmeal or Rolled Oats	1 cup	3 cups	1 hour
Quick Oats	1 cup	2-2½ cups	10-15 minutes
*Wheat, cracked	1 cup	4-5 cups	1-2 hours or more

Use scant $\frac{1}{2}$ teaspoon salt to each cup water. Pour cereal slowly into boiling salted water. Stir constantly to prevent lumps forming, or mix finely granulated cereals with a little cold water before adding to the boiling water. Cook over direct heat until it thickens (5-10 minutes). Finish cooking in double boiler over hot water (or set pan inside another pan of boiling water) according to directions given in time table.

*Coarse cracked wheat and corn will require longer cooking than if ground fine.

Breads

Use dark breads often.

All white bread is now enriched.

However, all flour is not enriched. Read the labels.



Recipes

WHOLE WHEAT BREAD—4 Loaves

1-2 cakes compressed yeast
1 pint water (lukewarm)
1 pint milk
2 tablespoons sugar
 $\frac{1}{4}$ cup molasses
2 tablespoons salt

2 tablespoons shortening
 $1\frac{1}{2}$ quarts (6 cups) enriched flour
 $1\frac{1}{2}$ quarts (6 cups) whole wheat flour

Soften yeast in the lukewarm water. Scald milk. Pour hot milk over sugar, salt and shortening. Cool to lukewarm temperature before adding yeast. Add yeast and enough flour to make a stiff batter; beat well. Add enough more flour to make a firm but not stiff dough. Knead until light and elastic and dough does not stick to board (about 5 minutes). Place in a lightly greased bowl, rub a little fat over the top of the dough and cover. Keep in a warm place (80°F.) until dough has doubled in bulk. Knead very lightly. Let rise again until double in bulk. Punch down, cut dough into 4 equal parts; mold the dough into loaves. Put in greased baking tins (3" x 4" x 8"); grease top lightly. Let rise again until double in bulk. Bake 45-60 minutes in moderate oven (400°F.) for 15 minutes, then lower to 375°F. Cool loaves before storing.



Quick Breads

CORN BREAD

1 1/3 cups flour	1 cup milk
2/3 cup cornmeal	3 tablespoons fat, melted
5 teaspoons baking powder	1/2 teaspoon salt
2 tablespoons sugar	1 egg

Mix and sift dry ingredients. Beat egg, add milk and melted fat. Add liquid to dry ingredients and mix. Pour into shallow greased baking pan and bake in moderate oven (370°-400°F.) 15-20 minutes.

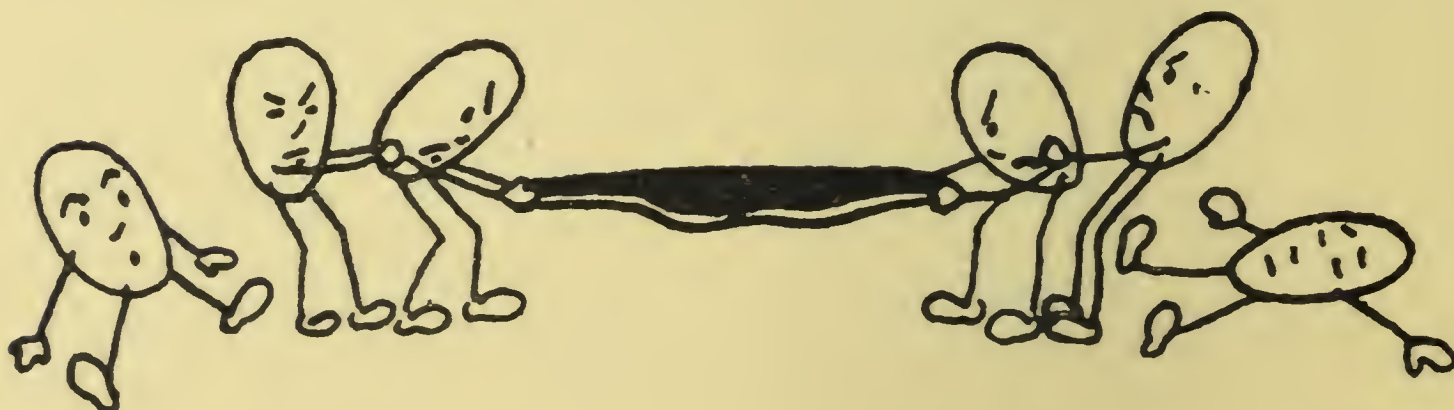
NOTE: If sour milk is used, change leavening to 1/2 teaspoon soda and 3 teaspoons baking powder.

Meat Stretcher

MEAT LOAF WITH OATMEAL—Serves 4

1 pound hamburger steak	1 cup milk, or 1 cup tomatoes
1 cup uncooked oatmeal	1 1/2 teaspoons salt
1 medium onion, diced	1/8 teaspoon pepper

Mix all ingredients, place in greased loaf tin, and bake in moderate oven about forty-five minutes. Serve hot or cold.



Desserts

OATMEAL BROWN BETTY

2½ tablespoons fat
½ teaspoon salt
6 cups diced apples
1½ cups rolled oats
(uncooked)

1 cup brown sugar
1 cup milk
bread crumbs
cinnamon

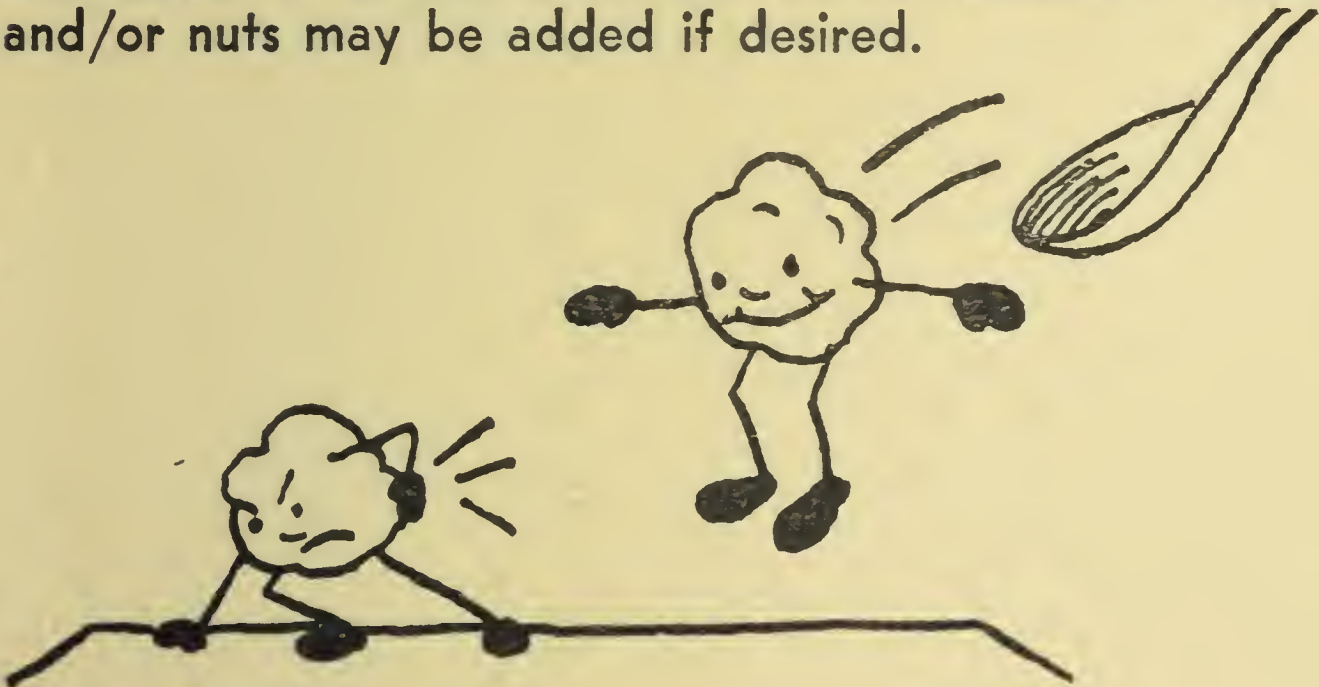
Melt fat, add salt and mix thoroughly with the rolled oats. In a greased pan put a layer of apple, rolled oats, some brown sugar and cinnamon. Repeat, ending with a layer of apple. Add milk. Sprinkle with sugar and cinnamon and cover with bread crumbs. Bake 40 minutes in a moderate oven.

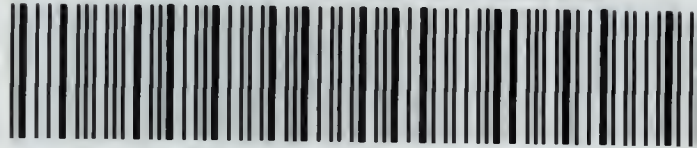
OATMEAL COOKIES

2½ cups rolled oats
2/3 cup enriched flour
2 teaspoons baking powder
½ teaspoon salt

1½ cups sugar
6 tablespoons milk
½ cup shortening
1 egg

Mix flour, baking powder, salt, and sugar thoroughly with the oatmeal. Stir together the melted fat, milk, and egg and add to the dry ingredients. Mix until well blended. Drop from a teaspoon onto a well oiled pan and bake in a hot oven for 10-12 minutes. Raisins and/or nuts may be added if desired.





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